

2026 Education & Support Groups

Salt Lake County Aging & Adult Services | Caregiver Support Program

Classes and support groups are open to family, friends and other unpaid community caregivers.

- **Support Groups**—In Person/Virtual. Peer support groups with a wide-variety of care topics.

Midvale Senior Center	1st Tues	In Person, Room 1	9:00 to 10:00 AM
Veterans Caregiver Group	1st Thurs	Virtual, WebEx	10:30 to 11:30 AM
Evening Caregiver Group	2nd Tues	Virtual, WebEx	6:30 to 7:30 PM
Riverton Senior Center	3rd Thurs	In Person, Media Room	9:00 to 10:00 AM
Millcreek Senior Center	4th Tues	In Person, Evergreen Room	10:30 to 11:30 AM

- **Caregiver Talking Points**—We offer 10 different caregiver skill development discussions each year. Caregivers may attend one or all sessions offered during a calendar year.

Virtual on WebEx 4th Wed 12:00 noon to 1:00 PM

- **Dementia Live**—A 45-minute learning experience for caregivers assisting those with any form of Dementia. Participants use goggles, headphones, and other tools to experience a dementia state.

Salt Lake County Building Multiple Sessions A reservation is required

- **Stress Busting for Family Caregivers**—Nine evidence-based sessions lasting 1.5 hours each. Caregivers learn eight stress management techniques and receive a manual.

As available on the calendar In Person, 9-week program Times and locations vary

Presentation Requests

Community, work, and religious organizations may request presentations (based on staff and calendar availability). We need at least one month previous notice to accommodate requests.

Please email requests to cjjensen@saltlakecounty.gov.

How do I sign up?

There is no cost to attend, but **registration is required** due to limited class sizes:

saltlakecounty.gov/aging-adult-services/calendar/



Salt Lake County Aging & Adult Services
2001 S State Street SI-600, Salt Lake City, Ut 84190
385-468-3280 | TTY 7-1-1
saltlakecounty.gov/caregiver | #slcoaging | @slcoaging

Need help with registration?

385-468-3281